

FILLING

EPHESIANS 5:18B-20;JOEL 2:12-13

(JAN. 25)

Fasting isn't just about skipping meals. It's about making space in our hearts for God.

Read Ephesians 5:18b-20. Instead of filling our time with things that distract us, we can let God's Spirit fill our hearts. When we are filled with the Spirit, we notice God everywhere. We can talk to Him, thank Him, and sing or praise Him.

Fasting helps us make more space for God. When we pause from things like food, games, or screens, it reminds us that God is the one who truly satisfies our hearts. Being filled with the Spirit helps us live in a way that pleases God. We can be joyful, thankful, and kind to others. Fasting is like clearing out the clutter in our hearts so God can move freely and help us grow closer to Him.

Read Joel 2:12-13 God calls His people to "return to the Lord with all your heart, with fasting, weeping, and mourning." This doesn't just mean being sad. It means being honest with God and saying, "I'm sorry for the wrong things I've done, and I want to follow You." Fasting helps us think about our mistakes, ask God for help, and let Him change our hearts. It's like cleaning out the junk in our hearts so God can fill us with His love.

When we fast with the right heart, it's like pressing a "reset" button. We let go of distractions, say sorry to God, and ask Him to make our hearts new. Fasting helps us stop thinking only about what we want and start focusing on God and His love. Fasting is a way to draw near to God, refresh our hearts, and be changed by Him. It's a way of saying, "God, I want You more than anything else."

FAMILY DISCUSSION:

Discussion: Early Childhood

- Who can we talk to when we want to feel close to God?
- What is something you can tell God you are sorry for?
- What is a something you can do that will help you to fill up with God?
- What does it mean to say "I want God more than anything else"?
- How can we take a small break from something to focus on God?

Discussion: Elementary

- Why does fasting help us focus on God? What does "being filled with the Spirit" look like in your life, or in the life of someone who models being a follower of Jesus?
- What are something things you need to say you're sorry for or get rid of to "declutter your heart"?
- How does fasting help our hearts feel fresh or "reset"?
- What are some ways we can draw near to God besides fasting?
- How can our family use fasting to let God work in our hearts?

INTERACTIVE PRAYER TIME:

Reset Prayer: Each person names one thing that distracts them from God and asks Him to help them let it go.

Giving Up Prayer: Each person names one thing they can give up for God.

Filling Up Prayer: Each person names one thing that they can do to fill up with God.

Heart Focus: Sit quietly for one minute, asking God to fill your heart with His Spirit.

Renewal Prayer: Pray together for God to refresh your family's hearts and help you seek Him above all else.